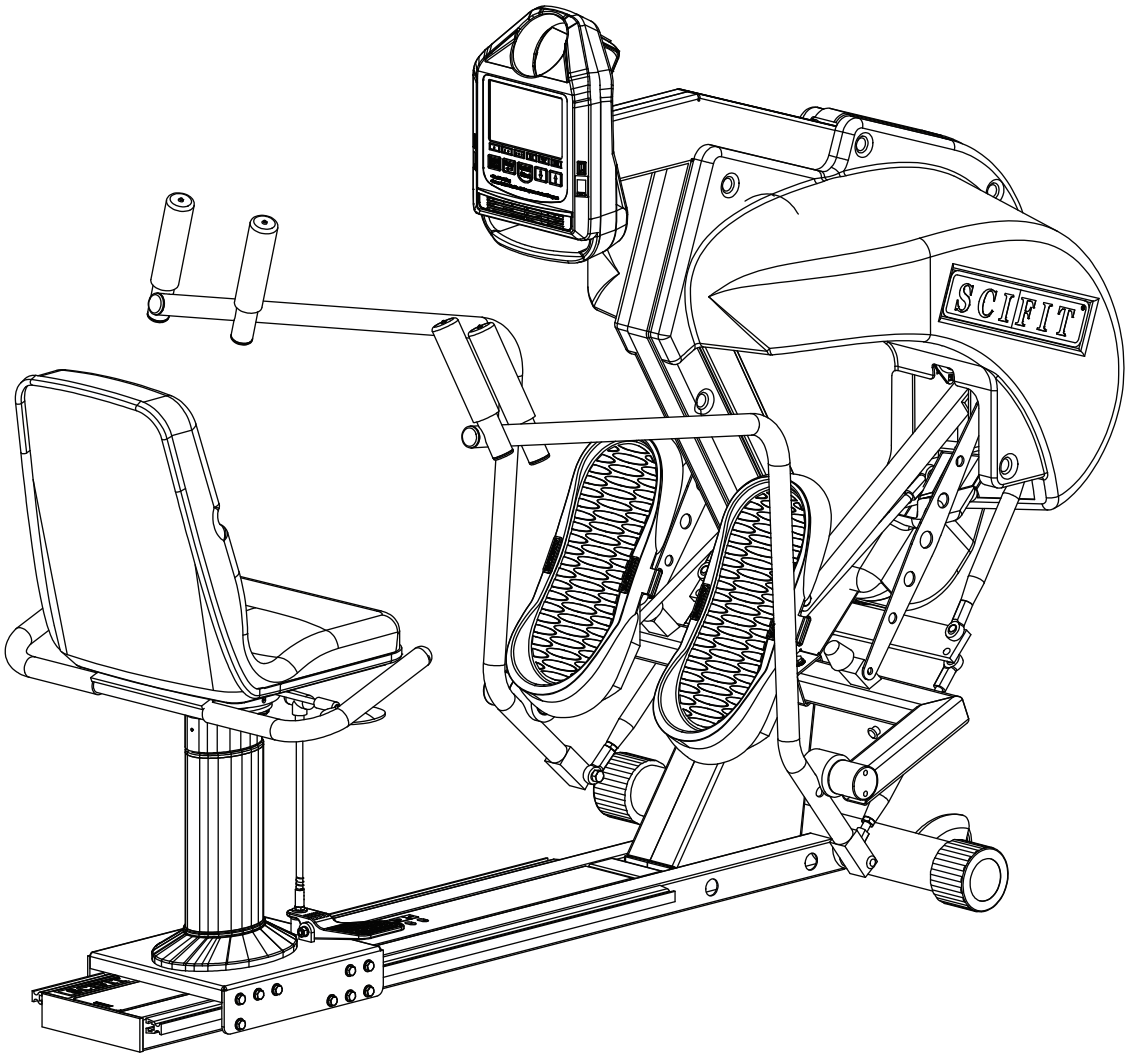
SCIFIT

Scientific Solutions for Fitness.

Users' Operations Manual



RST7000
Recumbent Stepper

Before using this product, read this manual and follow all safety rules and operating instructions.

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SAFETY INFORMATION

The purpose of safety symbols is to attract your attention to possible dangers. The safety symbols, and their explanations, deserve your careful attention and understanding.The safety warnings do not, by themselves, eliminate any danger. The instructions or warnings they give are not substitutes for proper accident prevention measures.

Look for these symbols to point out important safety precautions. It means attention! Your safety is involved.

⚠ WARNING

Failure to obey a safety warning **can** result in an injury to yourself and others. Always follow the safety precautions to reduce the risk of personal injury.

⚠ CAUTION

Failure to obey a safety warning **can** result in an injury to yourself and others. Always follow the safety precautions to reduce the risk of personal injury.

Read all instructions before using your SCIFIT exercise machine. Save these instructions for future reference.

Close supervision is necessary when an exercise machine is being used by or near children or individuals with disabilities. Keep children away from extended hand and foot supports.

Use the exercise machine only for its intended use as described in this manual. Do not use attachments that are not recommended by the manufacturer.

Never drop or insert any object into any opening.

Do not use outdoors or in a harsh environment where water is present (i.e. pool or spa areas).

INTRODUCTION

Thank you for your purchase of the SCIFIT RST Recumbent Stepper. We have incorporated the the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals. However, for your safety, please adhere to the following recommendations before you begin to exercise.

The SCIFIT RST7000 Recumbent Stepper is designed for Class "S" (Studio) applications.
The intended uses are for Cardio & Pulmonary conditioning as well as physical conditioning and strength training.
SCIFIT equipment is suitable for placement in fitness and recreational facilities. The RST7000 has 200 levels of computer controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

Consult Your Physician
Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant, or if you are suffering from: heart disease, respiratory disease, diabetes, hypertension, high blood pressure, elevated cholesterol, arthritis, or any other diseases or physical complaints.

Adult Usage
SCIFIT equipment is designed and intended for adult usage and children of appropriate ages while being supervised. Young children should be kept a safe distance away from equipment.

Cool Down
To prevent muscle injuries and soreness, you should always cool down (at least 5 minutes) by doing a series of stretches after each workout.

⚠ CAUTION
Always stretch after a workout session to reduce the risk of personal injury. Failure to stretch properly **may** result in injury to yourself.

Guidelines for Healthy Adults
The American College of Sports Medicine (ACSM) and the American Heart Association (AHA) are continuously updating guidelines and recommendations for physical activity.

The current basic recommendations from ACSM and AHA is:

Do moderately intense cardio 30 minutes a day, five days a week.

OR

Do vigorously intense cardio 20 minutes a day, three days a week.

AND

Do eight to ten strength-training exercises, eight to twelve repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still be able to carry on a conversation.
It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30 minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website:
www.acsm.org

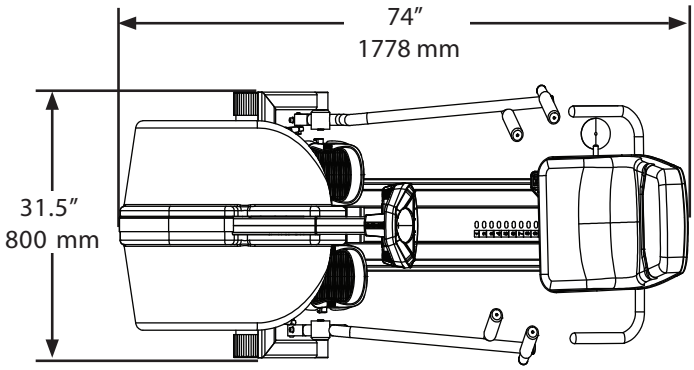
⚠ WARNING
Stop exercising immediately if you feel nausea, dizziness, sharp pain, or any other physical discomfort. Failure to stop excercising **can** result in injury or death to yourself.

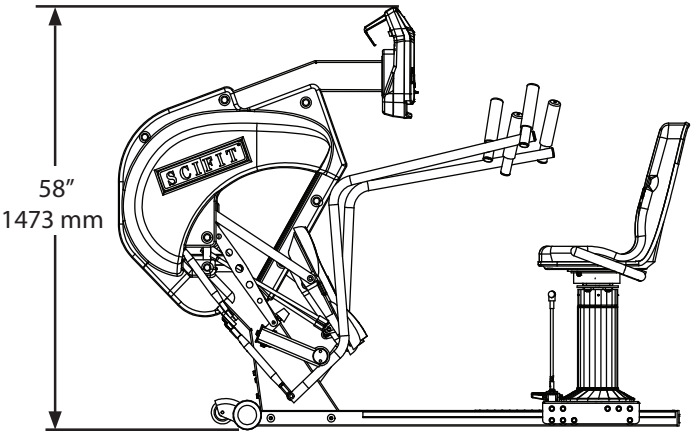
Train Intelligently
To ensure a future of good health, you should always eat well balanced meals, drink plenty of fluid/water during a workout and stay fit by exercising intelligently. Always follow training guide that are specific to your own physical condition

⚠ WARNING
Injuries to health may result from incorrect or excessive training. Failure to stop excercising **can** result in injury or death to yourself.

SPECIFICATIONS

Weight	324 lbs. (147 Kg)
Max User Weight . .	500 lbs. (227 kg.)- Fixed Seat 450 lbs.(204 Kg.)- Swivel Seat 600 lbs. (272 Kg.)- Bariatric Seat
Power	Self generating w/auto recharge battery back-up. Low Voltage AC adapter standard
Resistance System .	Electromagnetic Self Generating Resistance
Programs	Manual, 7 pre-programmed Hills profiles, Heart Rate and Random
Accuracy Class.	Class A
Warranty	Within U.S. & Canada 3 years parts, 1 year labor Outside U.S. 3 years parts, no labor





Placement of Cardio Machine

To aid in the placement of equipment, two wheels are located on the front of the unit. Movement of machine should be done with two people. Carefully lift the rear of the unit until the wheels are engaged on the floor and position the unit in a desired location.

Position the unit in a location that has a stable and level sub-floor. Equipment should not be positioned in a location that is in direct sunlight, in areas of extreme temperature and humidity, or where the equipment may be splashed with water or fluids. This machine is intended for indoor use only.

Equipment should be positioned with a safety perimeter of 40" or 1 meter around the unit.

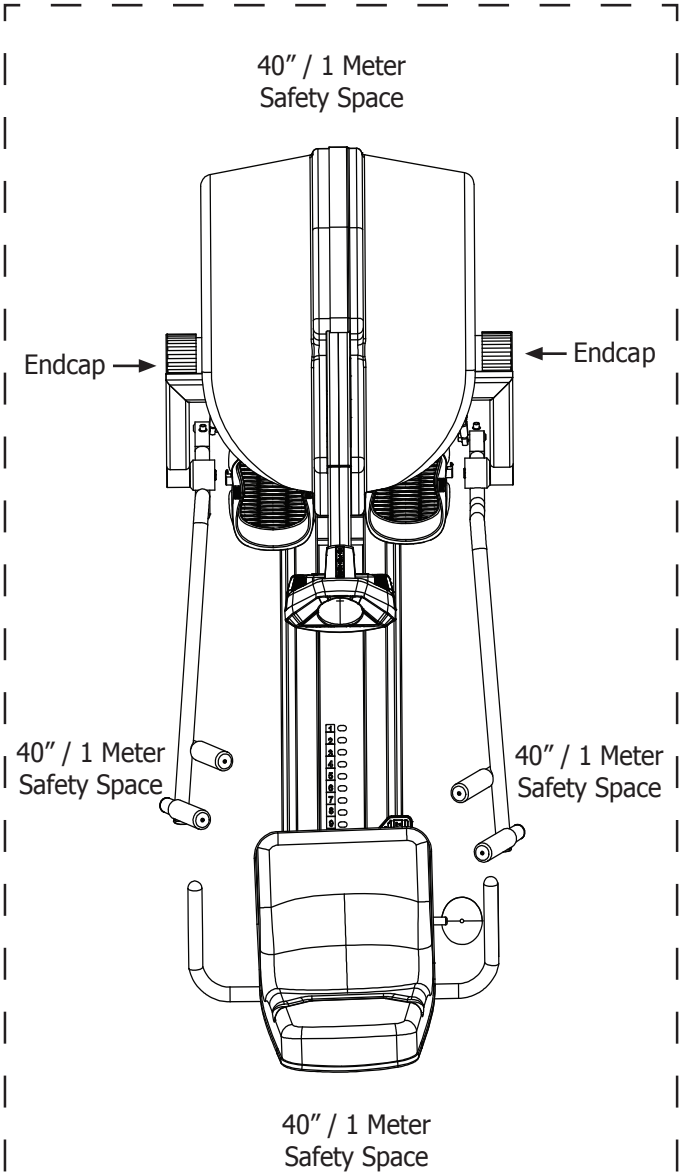
⚠ WARNING

Failure to place the equipment on a stable and level sub-floor with a safety perimeter can result in an injury to yourself and others.

Level Cardiovascular Machine

If the sub-floor is unlevel, the unit is equipped with leveling end caps. The end caps are designed with the recess end diameter off centered.This allows you to rotate the endcap(s) to a position that will level the equipment. After adjustment, check and make sure the end caps are fully seated against the base frame tubes.

Offset Endcap



Proper Supervision

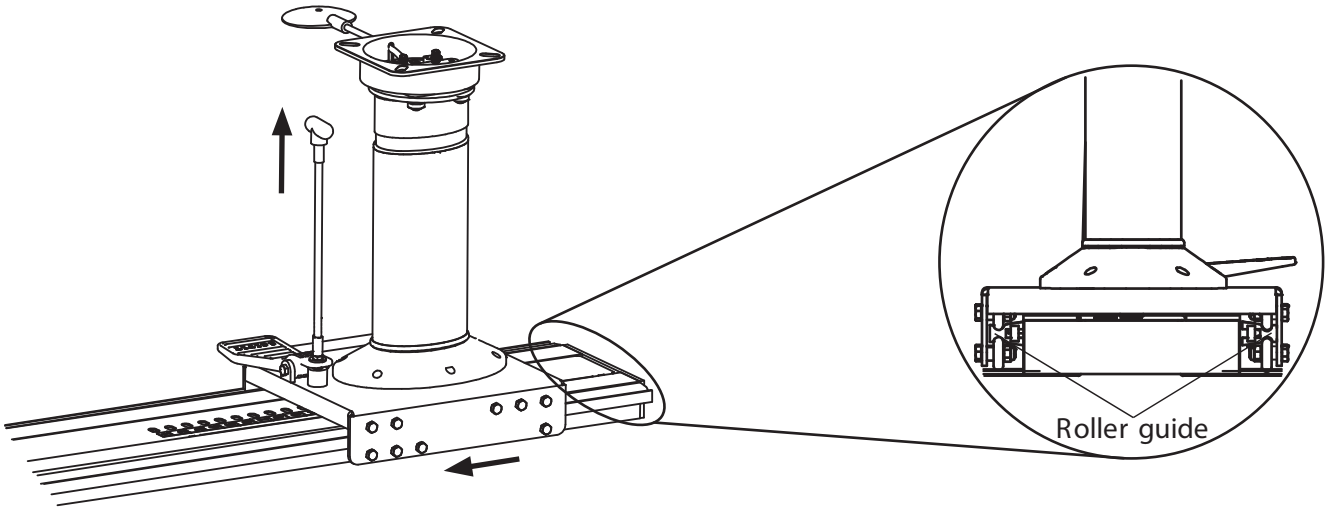
Close supervision is required when the exercise machine is being used by or near individuals with disabilities. Keep unsupervised children outside the safety perimeter.

Cleaning

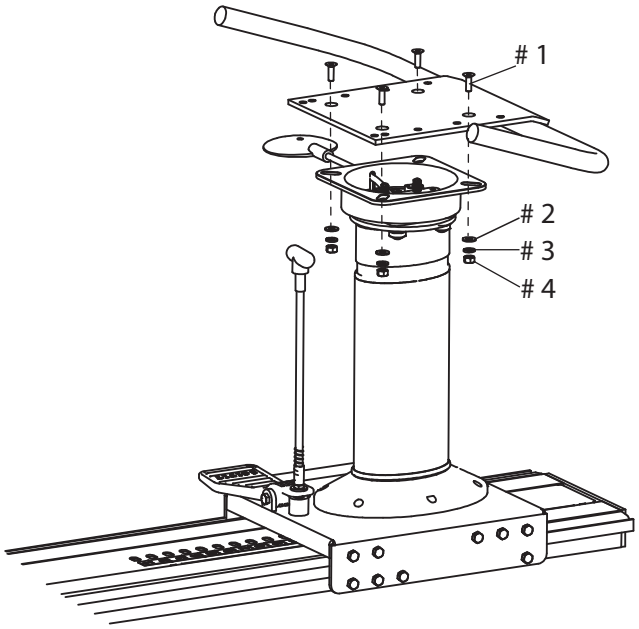
Never clean the machine with organic solvents, alcohol or bleach based cleaners. To promote a healthy environment, wipe any sweat off of unit with a commercially manufactured wipe designed for the finess industry, or a damp cloth.

SWIVEL SEAT ASSEMBLY

Step 1:
Pull upward the yellow T-handle of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2:
Attach the handlebar plate to the seat post with (Qty. 4) items #1, #2, #3 and #4 as shown on the drawing below.



Tools Required:
3/16 Hex wrench
1/2" Wrench or socket

Item #1 (x 4)
5/16-18 x 1 Socket Flat Head Screw

Item #2 (x 4)
5/16 Flat Washer

Item #3 (x 4)
5/16 Split Washer

Item #4 (x 4)
5/16 Nut

SWIVEL SEAT ASSEMBLY CONT'D

Step 3: (Bucket Seat Assembly)

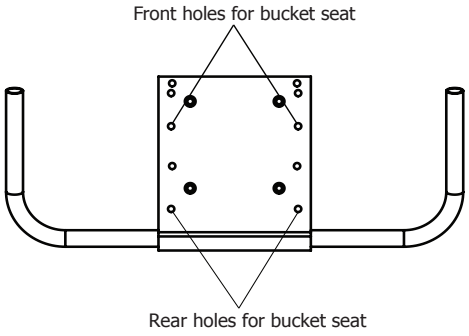
a. Align the front holes of the bucket seat with the 3rd set of holes from the front of the handlebar plate, (see diagram), then loosely screw in (Qty. 1) of item #1 into one of the front holes.

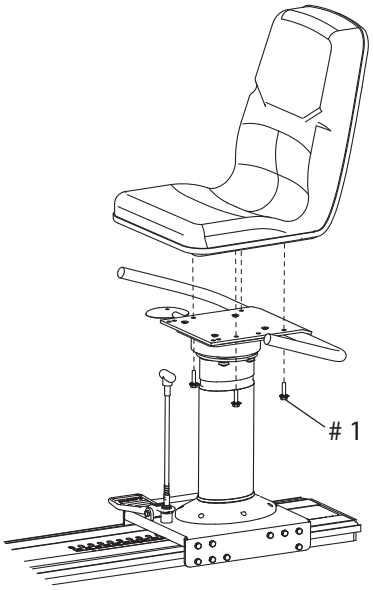
b. Align the other three holes and loosely screw in item #1 into each hole.

c. Tighten all four screws to secure the bucket seat.

Tools Required:
1/2" Wrench or socket

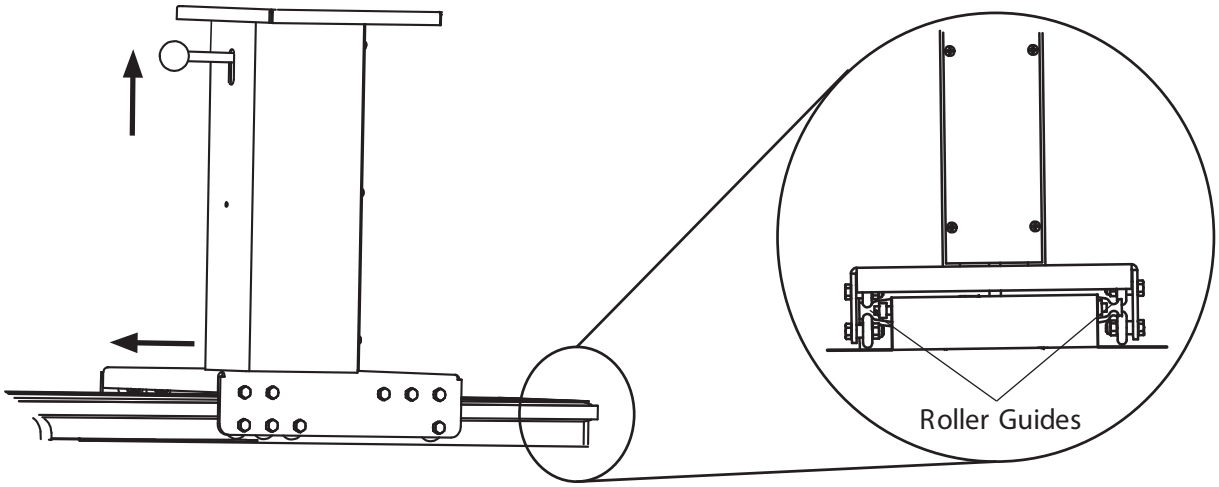
Item #1 (x 4)
5/16-18 x 1.25 Serrated Screw





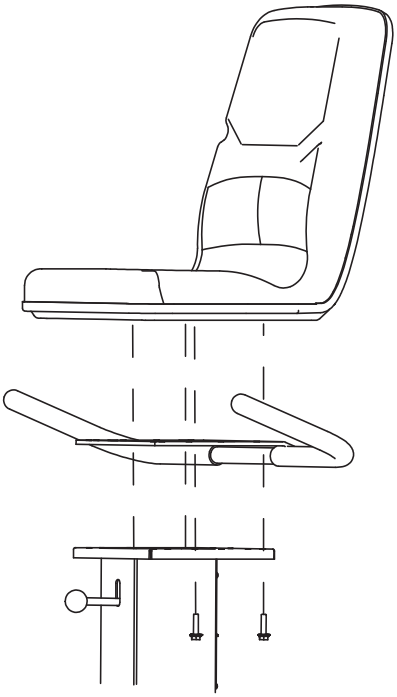
FIXED SEAT ASSEMBLY

Step 1:
Pull upward the yellow knob of the seat adjustment lever, then lift and slide the seat post onto the frame track making sure the roller guide rail is between the top and bottom wheels of the base.



Step 2: (Bucket Seat Assembly)

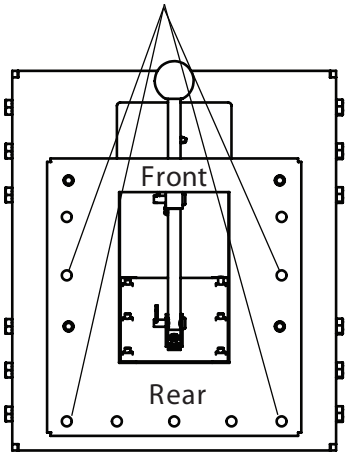
a. Align one of the rear two holes of the seat and handlebar plate with the rear set of holes on the base (see diagram), then insert (Qty. 1) of item #1 and loosely tighten into place.
b. Align the rest of the seat and handlebar holes with the holes shown in the diagram below and loosely attach the remaining screws.
c. Tighten all four screws to secure the seat and the handlebar plate.



Tools Required:
1/2" Wrench or socket

Item #1 (x 4)
5/16-18 x 1.25 Serrated Screw

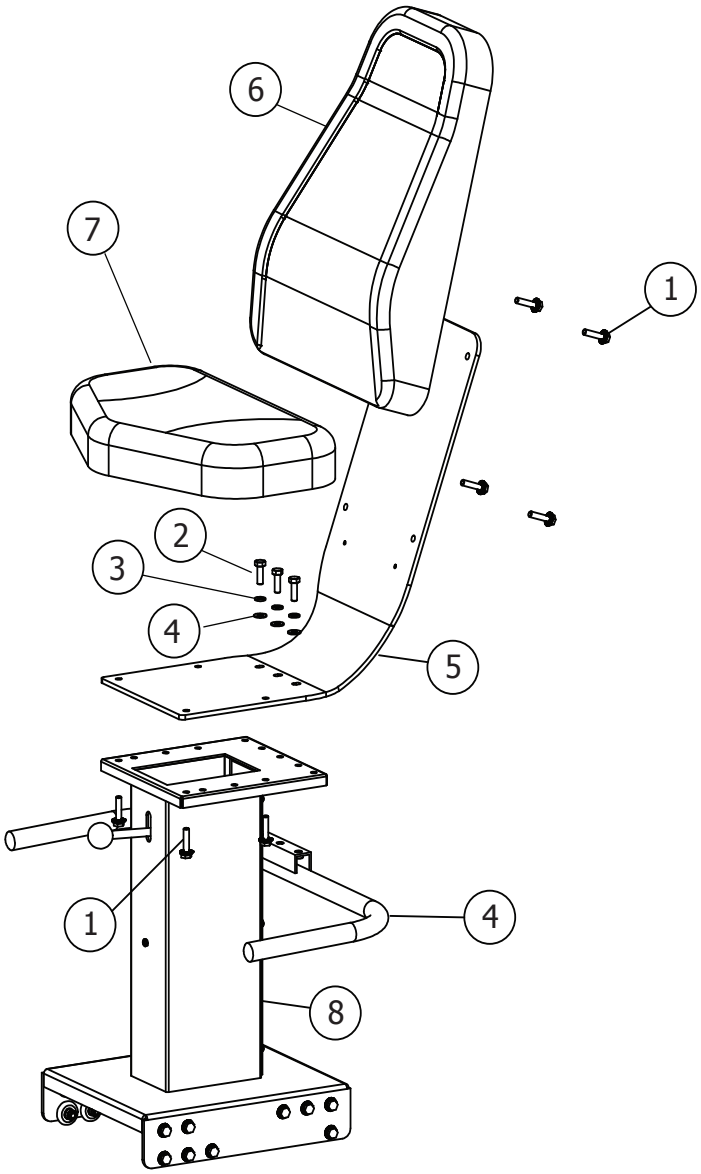
Align holes of seat with these holes on the fixed seat mount.



FIXED SEAT ASSEMBLY CONT'D

Step 2a: (2-piece Seat Assy)

a. Align the front holes of the seat mount plate (item #5) with the first set of holes on the seat base (item #8),
b. Have another person align the mounting holes of the handlebar (item #4) from under the base mounting plate and loosely secure to the seat mount plate with items #2, #3 and #4.
c. Loosely secure the seat bottom (item #7) to the seat mount plate with four of item #1.
d. Tighten all screws attaching the seat bottom and the handlebar.
e. Align the holes of the upper seat back (item #6) and loosely secure with four of item #1 to the seat mount plate, then tighten all the screws.



Tools Required:
1/2" Wrench or socket

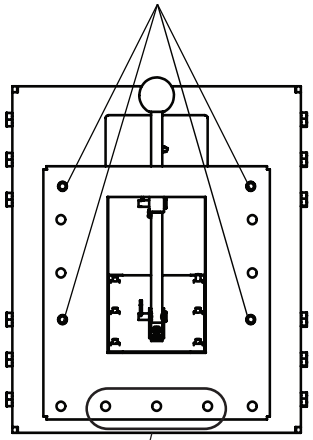
Item #1 (x 8)
5/16-18 x 1.25 Serrated Screw

Item #2 (x 3)
5/16-18 x 1 Hex Cap Screw

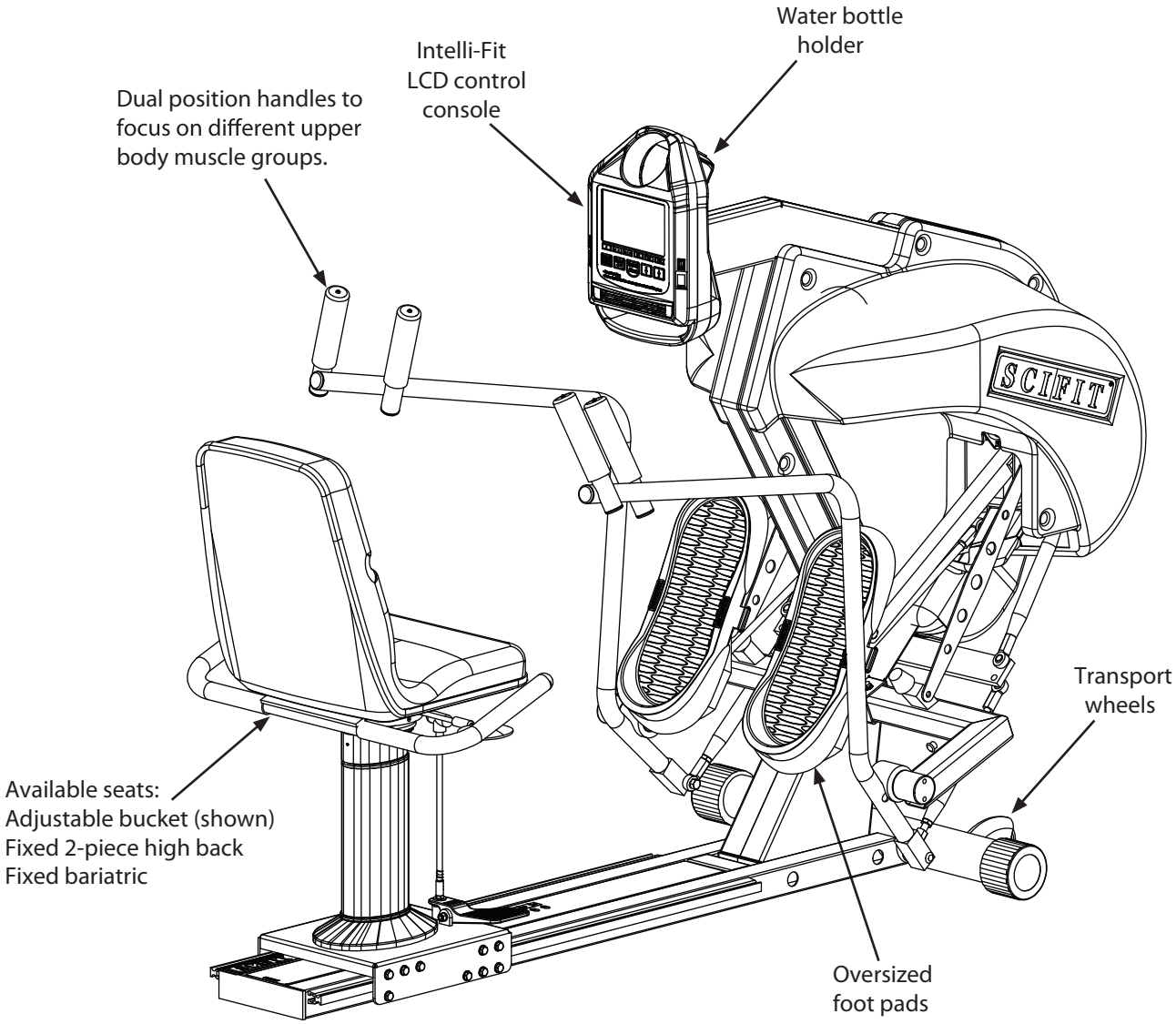
Item #3 (x 3)
5/16 Lock Washer

Item #4 (x 3)
5/16 Flat Washer

Align bottom seat pad holes
with these four hole locations

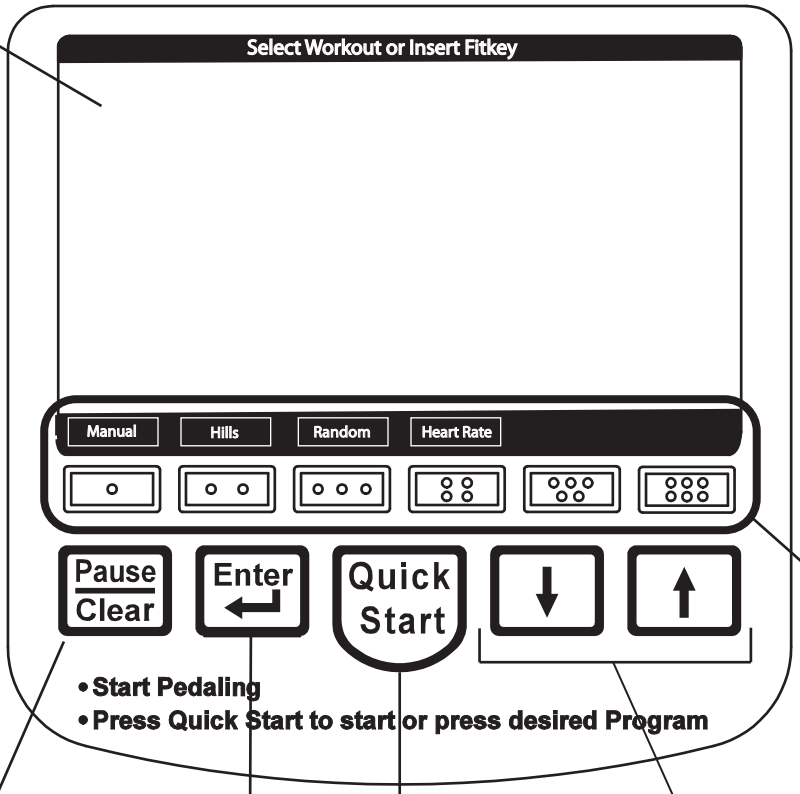


Attach the handlebar to these
holes from under the base plate


Water bottle holder
Intelli-Fit LCD control console
Dual position handles to focus on different upper body muscle groups.
SCIFIT
Transport wheels
Available seats:
Adjustable bucket (shown)
Fixed 2-piece high back
Fixed bariatric
Oversized foot pads

KEYPAD FUNCTIONS

Work Level Status LCD Screen:
The Work Level Status LCD Screen gives a progressive real-time indication of the current work level of any and all programs.



Profile Selection Area
Allows the user to choose from 4 different workout profiles.

PAUSE/CLEAR - The [Pause/Clear] key will pause the workout. Pressing [Pause/Clear] a second time when in the pause mode will stop the workout and return to the main screen.

To restart in the paused mode press the [Quick Start] key.

ENTER -
The Enter Key is pressed to enter selected values for the workout parameters.

Up Arrow and Down Arrow - These keys increase or decrease values of the workout parameters.

QUICK START - This key provides a one-touch "Quick Start" into the Manual mode, or after logging into a program, the Quick Start key will activate the selected program.

Upper Body Posture

The seat assemblies (bucket or high back seat) promote proper posture and encourage core muscle activity. When seated properly the movement should promote mild torso rotation ideal for strengthening the abdominal regions and the back.

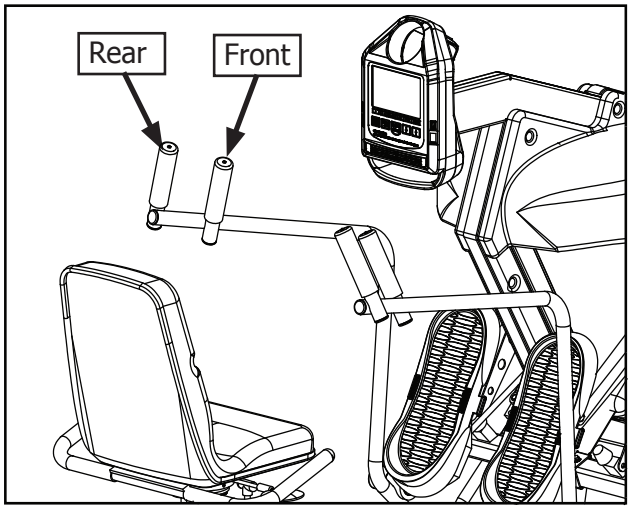
Handlebar Grips

The dual position handles allow users of varied heights to exercise comfortably. Taller individuals will find the rear handle more accommodating while shorter users will find the front handle ideal.

These dual handles also allow most users to change muscle groups during use.

The rear handle encourages a pushing movement similar to a chest press.

The front handle encourages a pulling movement that simulates a seated rowing exercise.

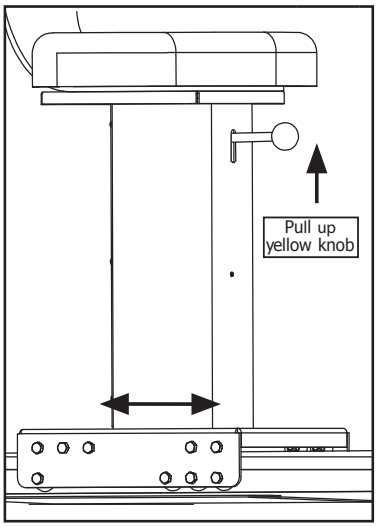


⚠ CAUTION

Always follow medical professionals guidelines to reduce the risk of personal injury. Failure to follow their directions may result in injury to yourself.

Fixed Seat Horizontal Adjustment

The seat should be positioned so the legs have a slight bend at full extension.To adjust the seat, lift upward on the yellow knob located in the front of the seat assembly and move the seat forward or back as desired. The seat will adjust in 1" (25mm) increments.



Swivel Seat Adjustments

Horizontal - The seat can be adjusted forward or back in 1" increments and is held in place with a spring loaded pin.

The seat may be adjusted in one of two ways:

1. (Fig. A) Push down on the foot assist pedal located at the bottom of the seat assembly.
2. (Fig. B) Pull up on the yellow T-handle and slide the seat forward or back.

Adjust the seat so the legs have a slight bend at full extension.

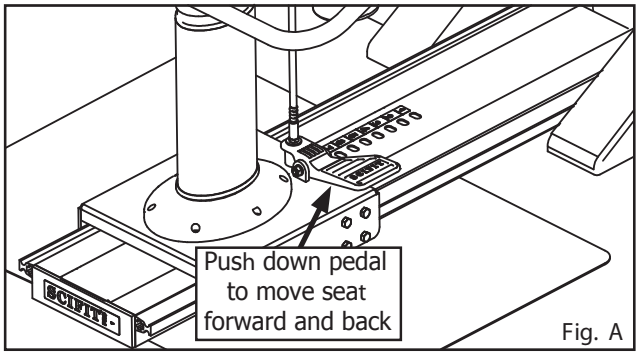


Fig. A

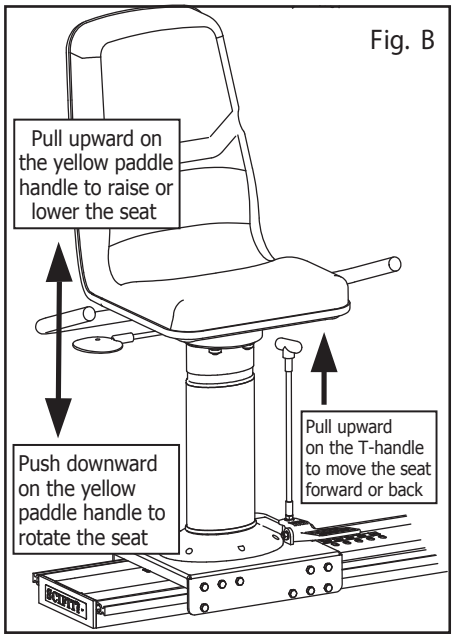


Fig. B

Height (Fig. B) - Pull upward on the yellow paddle shaped handle to move the seat up or down.

NOTE: The seat will only move up when no weight is on it.

Swivel (Fig. B) - Push the yellow paddle shaped handle downward and rotate the seat until it locks in place.The seat will lock into place at every 90 degree position.

Seat Removal

To remove the seat assembly pull up and hold the yellow knob (fixed seat) or yellow T-handle (swivel seat) and move the seat to the rear of the track until the seat rollers wheels disengage.

To place the seat assembly back on the track, engage the seat roller wheels onto the track, then lift up on the yellow knob or yellow T-handle and push the seat forward to the desired position.

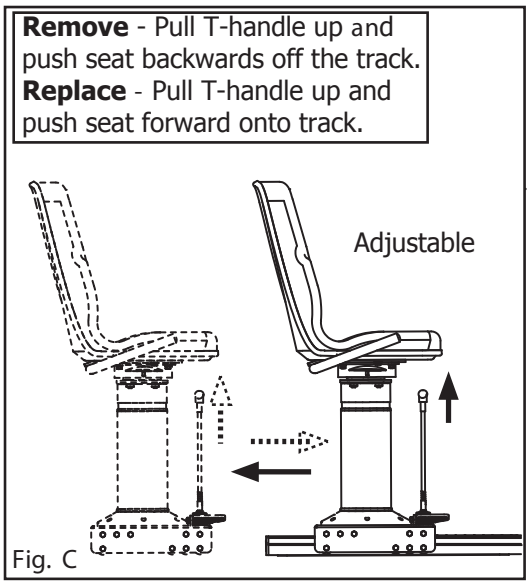
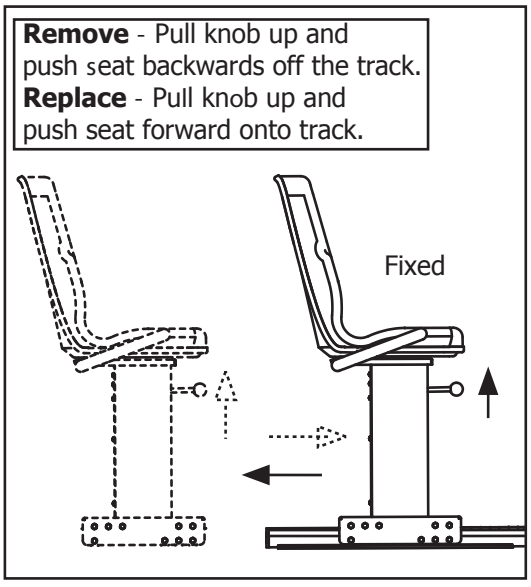


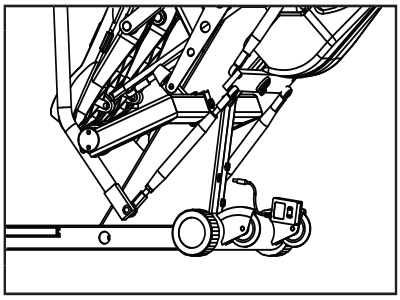
Fig. C



ACCESSORIES

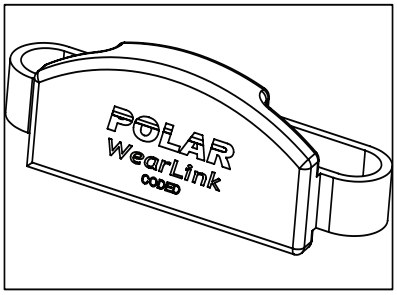
(Std) AC Adapter: P4861 Domestic/P3733 Int'l

Provides continous power to the console when the machine is not in use. Plugs into the power entry connector located in the lower front of the machine



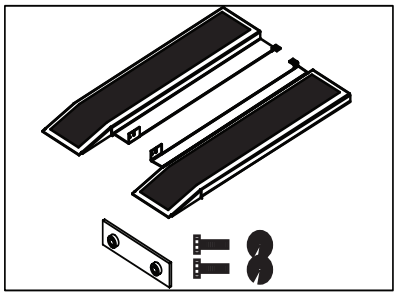
(Optional) Heart Rate Belt: 65190

Provides a continual real-time heart rate tracking during a workout



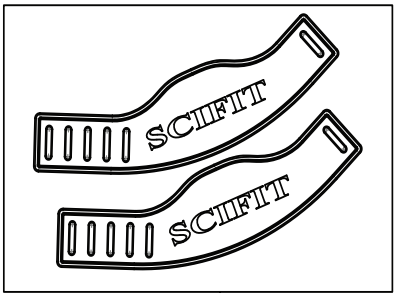
(Optional) Wheel Chair Ramps: A4098

1 1/2" high wheel chair ramps providing stability and sturdy foundation



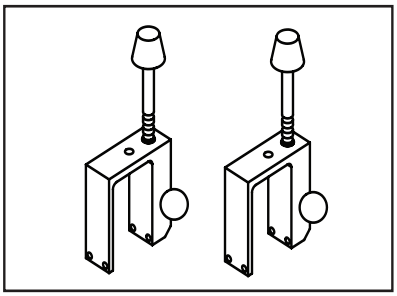
(Optional) Foot Straps (PR.): A3506

To help feet in place on the oversized foot pads



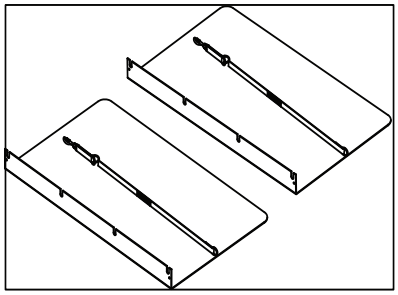
(Optional) Limit Range Kit: A3106

Helps adjust the pedal range to adapt to the physical functional range of the user.



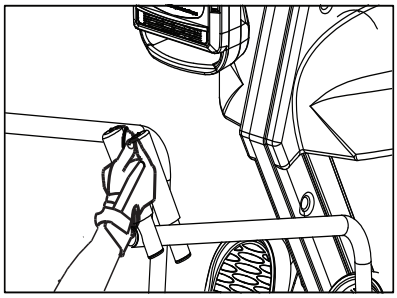
(Optional) Wheel Chair Platforms: 1181

Platforms with tethers to hook onto the wheel chair for better stability.



(Optional) Assist Gloves (PR.): P3981

Designed for individuals who require help gripping the handles of the RST



HEART RATE TRANSMITTER STRAP

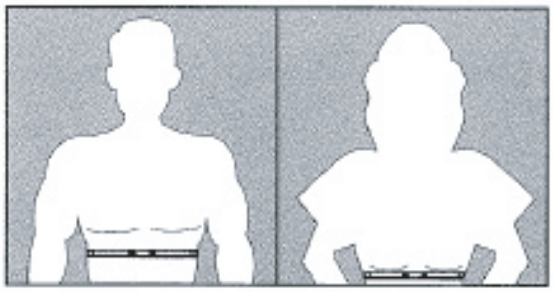
Uses of the Heart Rate Transmitter Strap
The optional wireless heart rate transmitter accessory is a useful device if you desire continuous feedback on your current heart rate during a workout, in addition the RST includes a Heart Rate Control program which requires use of the strap.

The Heart Rate Control program enables the user to set-up a target heart rate. Through real-time monitoring of the user's heart rate, the console maintains the user's heart rate at or below this established target rate by decreasing the workload if the user's heart rate exceeds the target.

Activating & Deactivating Transmitter
Heart Rate Transmitter Straps come in a variety of styles and manufacturers. To properly activate, secure strap to the chest and to deactivate follow the instructions that come with the Transmitter Strap.

⚠ CAUTION

Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.



⚠ WARNING

Heart Rate monitoring systems may be inaccurate· If you feel faint, stop exercising immediately. Over exercising may result in serious injury or death.

Calculating Target Heart Rate Zone
Your approximate Maximum Heart Rate (MHR) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For Example:
Your age is 40:
220 - 40 = 180
180 x .85 = 153 (max MHR)
180 x .65 = 108 (min MHR)

These values are based upon averages, always consult your physician to establish the proper Heart Rate Zone for your individual health condition.

PROGRAM INSTRUCTIONS

Programs

SCIFIT products have 200 levels of computer controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout. Because the resistance is adjustable in 0.1 increments, it is easy for the user to track progress. SCIFIT products feature one of the highest resistance capabilities available on any cardio equipment.

SCIFIT products are self generated and have a extremely low starting resistance. One pedal movement or crank revolution activates the console. The screen will remain illuminated at the most minimal levels of movement.

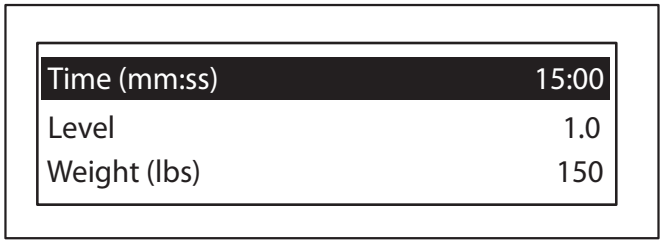
SCIFIT products have a battery back up which will keep the screen illuminated for a short period after a completed workout or in the pause mode. This varies between 0 to 3 minutes and can be changed within the Set-Up mode function.

If you prefer the console to remain illuminated before and after use an optional AC adapter can be plugged into the machine to accomplish this. This is common in medical settings and with Fit-Key programs.

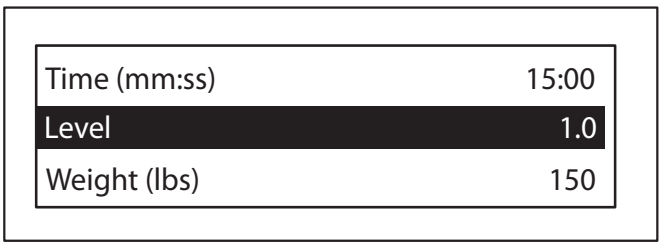
Manual Workout

Allows the user to set the intensity at any level. This level will not change unless the user manually increases or decreases the intensity using the [UP] or [DOWN] arrow keys.

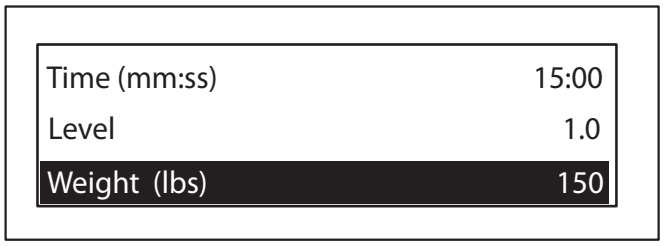
Press **MANUAL** Then **Enter**



Adjust workout time (maximum 99 min.) with the ↓ ↑ keys, then press **Enter**



Adjust level intensity (range 1-20) with the ↓ ↑ keys, then press **Enter**



Enter user weight with the ↓ ↑ keys, then press **Quick Start** and begin exercise.

Hills Program

Allows the user to select from seven different Hill profiles at various pre-programmed intensities. The following profiles are available: Hill Course, Sprints, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp.

Press **HILLS** Then Enter

Profile	Course
Time (mm:ss)	15:00
Level	1.0

Select 1 of 7 profiles with the ↓ ↑ keys, then press Enter

The following profiles are available for selection

COURSE

MULTI-PEAKS

SPRINT

RAMP

TWIN PEAKS

PEAK

PROGRESSIVE

Profile	Course
Time (mm:ss)	15:00
Level	1.0

Adjust workout time (maximum 99 min.) with the ↓ ↑ keys, then press Enter

Profile	Course
Time (mm:ss)	15:00
Level	1.0

Adjust level intensity (range 1-20) with the ↓ ↑ keys, then press Enter

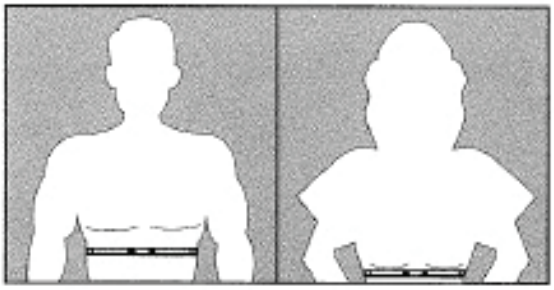
Time (mm:ss)	15:00
Level	1.0
Weight (lbs)	150

Enter user weight with the ↓ ↑ keys, then press Quick Start and begin exercise

Heart Rate Program

The Heart Rate Transmitter Strap is required for this program. Refer to page 15 for a complete instruction on using the strap and to understand how to calculate your Target Heart Rate zone.

- **Put on Heart Rate Transmitter Strap**



Press **HEART RATE** Then **Enter**

Time (mm:ss)	15:00
Target Heart Rate	120
Weight (lbs)	150

Adjust the workout time (maximum 99 min.) with the ↓ ↑ keys, then press **Enter**

Time (mm:ss)	15:00
Target Heart Rate	120
Weight (lbs)	150

Adjust the Target Heart Rate with the ↓ ↑ keys, then press **Enter**

Time (mm:ss)	15:00
Target Heart Rate	120
Weight (lbs)	150

Enter the user weight with the ↓ ↑ keys, then press **Quick Start** and begin exercise

Random Program

The Intelli-Fit console will randomly display different workout profiles each with its own level of difficulty. The user chooses the type of profile, the time length of the workout and the level of difficulty.

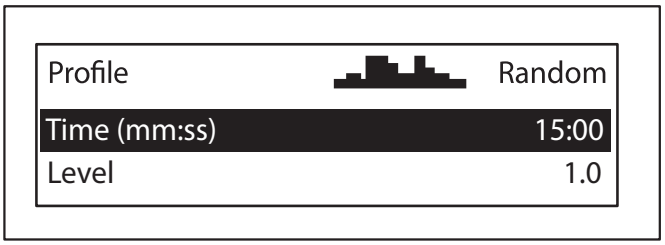
Note: The highest column of the profile represents the workout level you selected. Columns below it are percentages of the level selected.

Press **RANDOM** Then **Enter**

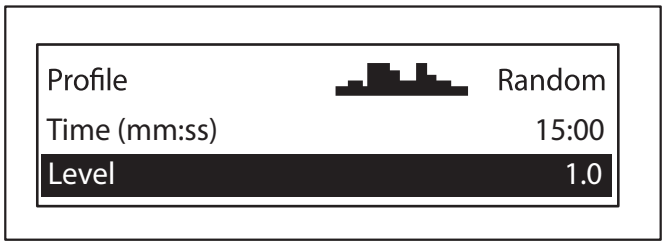
Profile	Random
Time (mm:ss)	15:00
Level	1.0

Select a random profile with the ↓ ↑ keys, then press **Enter**

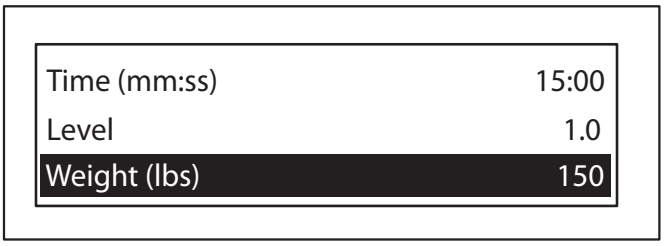
Random Cont'd



Adjust the workout time (maximum 99 min) with the the ↓ ↑ keys, then press Enter



Adjust the level intensity (range 1 - 20) with the ↓ ↑ keys, then press Enter



Enter user weight with the ↓ ↑ keys, then press Quick Start and begin exercise

Additional Key Features

SCIFIT also includes extra user friendly key features that may be used during the workout.

FAN

The console contains two 3-speed cooling fans (Low, Medium, High) that can be activated by the user at anytime during the workout (Fig. 1).

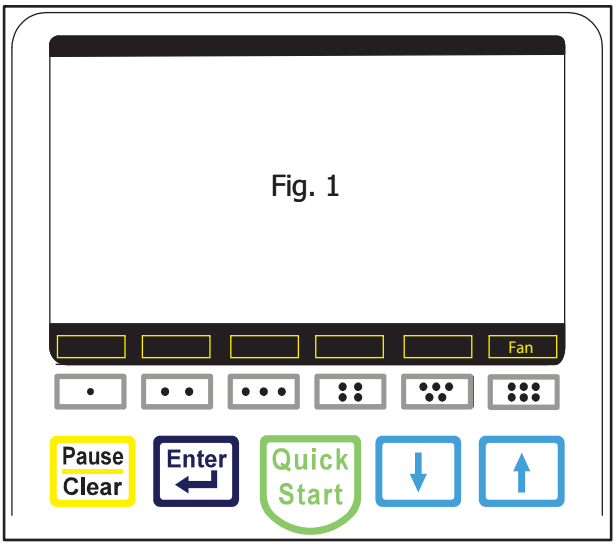


Fig. 1

CHANGE PROFILE

Only seen when the 'Random" program is selected. It allows the user to change the workout profile seen on the screen at anytime during the workout (Fig. 2).

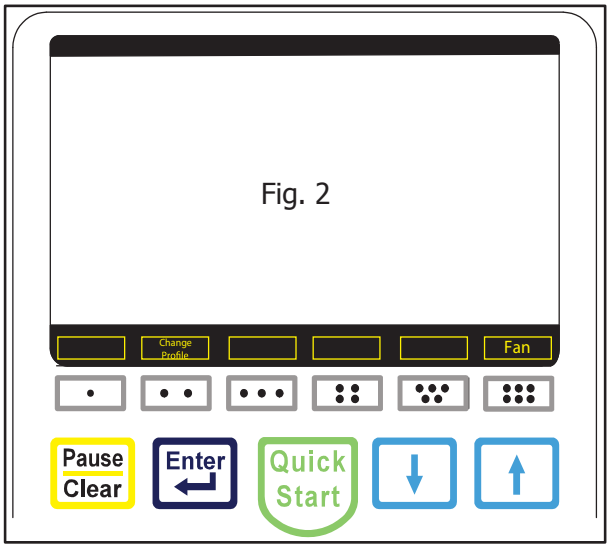


Fig. 2

Pause/Clear

If at anytime the user may want to pause during a workout, this may done by pressing the [Pause/Clear] key. The screen workout will then minimize and provide the user three options (Fig. 3).

1. **Continue** - Maximizes the workout screen and continues the workout where the user had stopped.

2. **Change** - Returns to a sub-menu where the data entry information that was previously entered may be updated.

3. **Stop** - Exits the workout and returns to the main screen.

Note: The console will reset to the main screen after a short period of time if no selection is made.

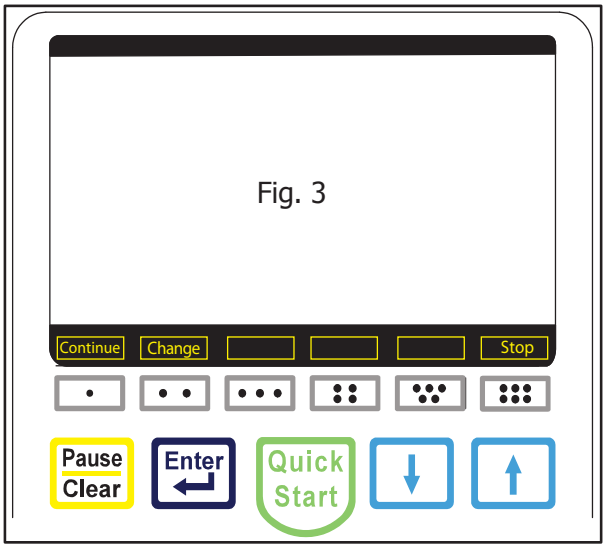


Fig. 3

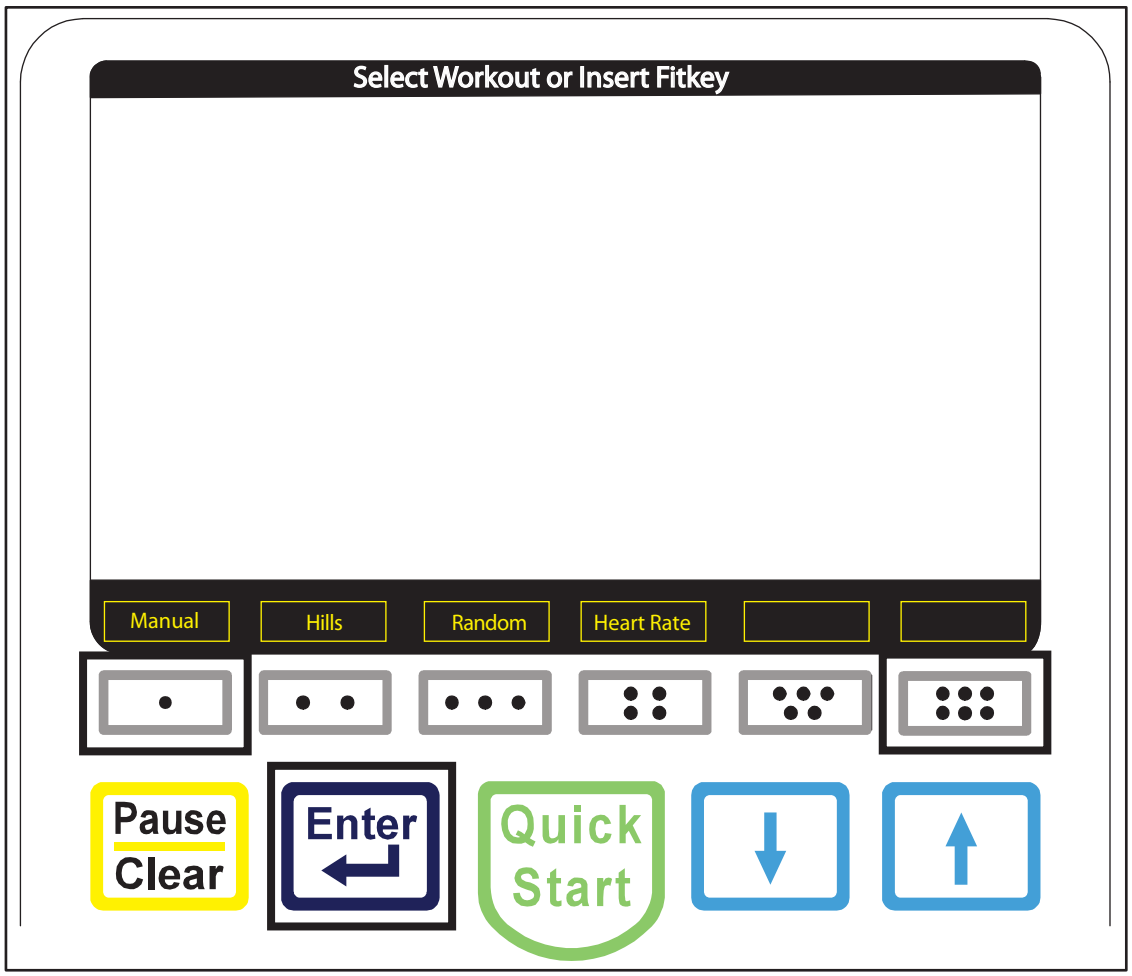
INTELLI-FIT ROTARY CONSOLE SET-UP MODE INSTRUCTIONS

The following are brief descriptions for each category that are currently in the Set-Up mode ***Note: Not all categories will pertain to the workout programs currently installed in your RST7000***

Use the ***[UP]*** *or* ***[DOWN]*** *arrows to make adjustments. After making adjustments the user may press* ***[Quick Start] to save and exit*** *the Set-Up mode at anytime.*

NOTE: If you pass the category wanted, you cannot go backwards. Press ***[Quick Start]*** *and re-enter into the Set-Up mode.*

ROTARY: Press the [One dot] key, [Six dot] key and [ENTER] key at the same time. The screen will change and display "OVERLAY" as the first category.



CATEGORIES

OVERLAY: (Production only) **Default: Rotary**

Indicates the type of membrane switch (keypad) that has been attached on the console.

Press [ENTER] to advance

MODEL: **Default: PRO1**

Selects the type of machine the console is being attached too (Eg. PRO1, ISO1000).

Press [ENTER] to advance

LANGUAGE: **Default: ENGLISH**

User can select 1 of 6 languages (English, German, Spanish, Dutch, French, Italian).

Press [ENTER] to advance

UNITS: **Default: US**

Allows option to select the type of weight units preferred (US or Metric).

Press [ENTER] to advance

BAUD RATE: **Default: 19200**

The console may be connected via the "COMM" port on the back of the console to an external monitoring device that can be used to track a user's progress. The Baud Rate determines the speed of the data transfer from the console to the device. There are six different speed options (4800, 9600, 19200, 38400, 57600 and 115200).

Note: The Baud Rate selected should be the same as the device the data is being transferred to.

Press [ENTER] to advance

WATT SCALAR: (Rotary Only) **Default: 1.000**

This is a multiplication factor to change the power (watts) of the machine. The machine will be easier to operate if the "WATT SCALAR" is greater than 1 and it will be harder to operate if it is less than 1.

Press [ENTER] to advance

WATT OFFSET: (Rotary Only) **Default: 0.000**

For machine recalibration use only. (Not for customer use)

Press [ENTER] to advance

EDITOR: **Default: TABLE**

The data entry and Set-Up mode screens may be seen in two different formats. Use the [UP] or [Down] arrow keys to select either the TABLE or CAROUSEL format.

TABLE
Use the [ENTER] key to advance to the next category. **Note: You can't go backwards**
Use the [Up] or [Down] arrow keys to make adjustments within the category.
Use the [Quick Start] key to save.

CAROUSEL
Use the [1 dot] or [6 dot] keys to advance forward or backwards to different categories.
Use the [Up] or [Down] arrow keys to make adjustments within the category.
Use the [Quick Start] key to save.

Note: Pressing the [ENTER] key while in the CAROUSEL format will take you back to the main screen and won't save data.

Press [ENTER] to advance

POWER BURST (Seconds): (Rotary Only) **Default: 8**

This is an option seen on the screen on some programs. When the user activates (at anytime during the workout) this option, the user will then pedal faster and get more resistance for a short time duration. This duration of time may be adjusted here.
Note: Power burst range is 6 - 59 seconds.

Press [ENTER] to advance

PAUSED TIMEOUT (Seconds): (Rotary Only) **Default: 15**

The amount of time the screen will stay on after the [PAUSE] key is pressed, the users stops pedaling and the brake stops rotating. This time may be adjusted here.
Note: Paused Timeout range is 0 - 180 seconds

Press [ENTER] to advance

UTILIZATION (Hours): **Default: 0.00**

This tracks the amount of time (in hour increments) that the machine has been in use. **Note: Hours will not reset when a software upgrade is done.**

Press [ENTER] to advance

DEFAULT LEVEL: **Default: 1**

This category controls the starting "DEFAULT LEVEL" seen on the data entry screen for the Manual, Hills and Random programs. If a different starting level is needed, it may be adjusted here. **Note: Default Level range is 1 - 20.**

Press [ENTER] to advance

THE FOLLOWING CATEGORIES ONLY PERTAIN TO THE FIT-QUIK® ROTARY PRESETTINGS

FIT-QUIK CARDIO WORKOUT: **Default: MANUAL**

Allows the Fit-Quik program to be preset for 1 of 3 workouts: Manual, Hills or Constant Work.

Press [ENTER] to advance

FIT-QUIK WATTS TARGET (WATTS): **Default: 20**

A preset wattage target is selected here when the Fit-Quik program is set for "Constant Work".

Press [ENTER] to advance

FIT-QUIK PROFILE CARDIO: **Default: COURSE**

When the Fit-Quik program is set for "Hills" you may adjust to preselect 1 of 7 workout contours: Course, Sprint, Twin Peaks, Peak, Progressive, Multi-peaks and Ramp.

Press [ENTER] to advance

FIT-QUIK TIME CARDIO (Only affects stage 1): **Default: 5.00**

Sets the time length of the 1st stage for the Fit-Quik program, before initiating the 2nd stage.

Press [ENTER] to advance

FIT-QUIK REVERSE: **Default: Enabled**

Sets the option to enable or disable the words “Change Direction” to display at the top of the screen during the Fit-Quik 1st stage workout for those machines that are bidirectional compatible.

Note: The banner will appear approximately every 27 seconds during the 1st stage only.

Press [ENTER] to advance

FIT-QUIK RPM TARGET: **Default: Machine Dependent**

Sets the RPM target for the 2nd stage of the Fit-Quik program.

Press [ENTER] to advance

FIT-QUIK CHALLENGE TIME (mm:ss): (For 2nd stage) **Default: 0:10**

Allows the option to increase or decrease the time length of the forward portion of the 2nd stage.

Press [ENTER] to advance

FIT-QUIK RECOVERY (mm:ss): (For 2nd stage) **Default: 0:35**

Allows the option to increase or decrease the time length of the reverse portion of the 2nd stage.

Press [ENTER] to advance

FIT-QUIK ISO REPEATS (For 2nd stage): **Default: 4**

Allows the option to set how many times the ISO-Strength portion of the 2nd stage is repeated.

Workout example: Repeat set at 4.
1st stage cardio, then within 2nd stage ISO-Strength.
(1) Forward Fast/Slow, Reverse Fast/Slow (2) Forward Fast/Slow, Reverse Fast/Slow
(3) Forward Fast/Slow, Reverse Fast/Slow (4) Forward Fast/Slow, Reverse Fast/Slow
Workout ends

END OF FIT-QUIK ROTARY PRESET CATEGORIES

Press [Enter] to advance

REVERSE BANNER (Rotary only): **Default: Disabled**

Allows option to enable or disable the displaying of the banner "Change Direction" for bidirectional compatible model machines. This category affects the following cardio workout programs: Manual, Constant Work, Hills and Random.

Press [Enter] to advance

THE FOLLOWING PERTAINS ONLY TO "ISO-STRENGTH" PRESETTINGS

ISO BANNER: **Default: Disabled**

Allows option to enable or disable the banners "Fast Forward", "Slow" and "Reverse Fast" to be shown at the top of the screen during a ISO-Strength workout.

Press [Enter] to advance

ISO FAST TIME: **Default: 0:15**

When the ISO banner is enabled it allows the option to set a length of time to show “Fast Forward” and “Reverse Fast” at the top of the screen.

Example: Time set for 15 seconds
Fast Forward - displayed 15 seconds
Reverse Fast - displayed 15 seconds

Press [Enter] to advance

ISO SLOW TIME: **Default: 0:15**

When the ISO banner is enabled it allows the option to set a length of time to show “Slow” at the top of the screen.

Example: Time set for 15 seconds
Slow - displayed 15 seconds

Press [Enter] to advance

Maintenance

The RST7000 is virtually maintenance free. After training always wipe down your SCIFIT exercise product. Perspiration that continuously settles on the frame, upholstery, casing and console may eventually cause rust or damage. Damage resulting from lack of maintenance is not covered under warranty.

If defective components are identified and require replacement, the equipment should be put out of service until repaired.

⚠ CAUTION

In order to maintain a safe level of operation, the equipment must be inspected on a routine basis for damage or worn parts. Failure to inspect equipment may result in injury to yourself or others.

RST Maintenance Schedule

COMPONENT	USE	WHEN	BY WHOM
Covers, seat, handlebars and console	Damp cloth	Daily	Club Maintenance
LCD screen	LCD TV screen soft cleaning cloth	Weekly	Club Mai ntenance
Chains	Lightly applied chain lubricant	Monthly	Club Maintenance
Nuts and bolts	Tighten when neccessary	Bimonthly	Club Maintenance
Base roller guide track	Damp cloth	Monthly	Club Maintenance

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

phone : +1-800-745-1373
fax : +1-918-359-2045
e-mail: service@scifit.com

The Product Support department is available by means of e-mail. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

SCIFIT Systems Inc.
5151 S. 110th E. Ave.
Tulsa, OK 74146
USA

UK & EUROPEAN CUSTOMER SERVICE

phone : +44 1344 300022
fax: +44 1344 868838
e-mail: info@scifit.uk.com

SCIFIT LTD (UK)
Lexham House
Forest Road
Binfield
Berkshire, RG42 4HP
UK

Company Number: 5970624 (UK)

COUNTRIES OUTSIDE OF UK & EUROPE PLEASE USE USA CONTACT NUMBERS

Order online 24/ 7 at www.SCIFIT.com

WARRANTY

It is very important that your SCIFIT machine is registered. This can be done online at *http://www.SCIFIT.com/warrantyregistration.shtml* or fill out and mail the registration form at the back of this manual.

SCIFIT Statement of Warranty

SCIFIT warranties new products against defective workmanship and/or materials under normal and proper use subject to the following limitations:

(a) SCIFIT's obligation to the original purchaser shall apply to:
Within the United States and Canada both parts and the cost of labor required to replace or repair a defective product for a period of one (1) year from user/dealer purchase date as documented by *warranty card and if warranty card has not been returned by user/dealer, then date of shipment from the factory. Thereafter, for a period of two (2) years, such obligation shall extend only to the supply of replacement parts or products with any labor costs associated with such replacement or repair to be at Buyer's expense. Refer to clause (e) for components outside this policy clause.

Outside the United States and Canada replace defective product with no labor for a period of three (3) years from user purchase date as documented by *warranty card and if warranty card has not been returned by user then date of shipment from factory.

***Note: Original purchaser must register their purchased products either by warranty card return, website registration or fax to activate warranty period or shipment date is extent for start of warranty period. A ninety (90) day period is to be given for warranty registration to allow stock rotation and showroom stock, thereafter the registration will be the shipment date for the start of the warranty period.**

(b) SCIFIT's obligation shall be limited to repairing or replacing defective parts. No allowance shall be granted for repairs made by Buyer without SCIFIT's prior written approval. The decision to replace or repair shall be solely at SCIFIT's discretion.

(c) SCIFIT's warranty does not apply to parts requiring replacement or repair due to normal and abnormal wear and tear, improper use, corrosion (perspiration), improper maintenance, improper installation, improper rated, grounded or dedicated electrical circuits or improper storage, nor does it apply where all or part of the product has been altered from its original state by Buyer or a third party.

(d) THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESSED OR IMPLIED, ARISING BY LAW OR OTHERWISE INCLUDING WARRANTY OR MERCHANTABILITY OF FITNESS FOR PARTICULAR PURPOSE, AND IS IN LIEU OF ALL OTHER LIABILITIES OF SCIFIT INCLUDING DIRECT, INDIRECT, SPECIAL AND CONSEQUENTIAL DAMAGES OR PENALTIES EXPRESSED OR IMPLIED WHETHER ARISING OUT OF CONTRACT, NEGLIGENCE OR OTHER SORT.

SCIFIT STATEMENT OF WARRANTY

(e) The below listed items have the following warranty coverage unless determined to be defective. These items include, but are not limited to:

Treadmills – AC5000 models only	Warranty Period
Treadmill belts	12 months
Treadmill belts decks	12 months
Treadmill structure & frame	5 years
Treadmill drive system inclusive of motor & inverter	5 years
Treadmill handrails & Handles	3 years
Treadmill heart rate grips	12 months
Treadmill water bottle holders	90 days
Treadmill trays	90 days

Rotary Products	Warranty Period
Upholstery	12 months
Saddles/seats	12 months
Rotary pedals	12 months
Rubber grips	12 months
Heart rate grips	12 months
Rotary structure & Frame	5 years
Rubber foot pads (BioFlex)	12 months
Rotary water bottle holders	90 days
Rotary trays	90 days

Accessories Products	Warranty Period
Pedal straps	Normal wear & tear
Heart rate receiver/transmitter	90 days
Low support boots	12 months
High support boots	12 months
Assist gloves	90 days
USB keys and lanyards	90 days

(f) Fires, floods, and acts of God, are not covered under this warranty.

Freight and Shipping

All SCIFIT products have displayed on the outside packaging "**STOP - UPON DELIVERY INSPECT MERCHANDISE THOROUGHLY NOTING ANY DAMAGE ON RECEIVING PAPERWORK PRIOR TO SIGNING".**

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during transit or installation. The customer is responsible for inspection of each unit and part for shipping damage at time of delivery or installation, and prior to signing receiving paperwork. The customer is responsible for pursuing all freight damage claims with the appropriate transit company. **If the customer signs an unqualified receipt for freight or damage goods, the customer is solely responsible for the cost of the repair or replacement for such freight damage.**

Maintenance

After training, always wipe down your SCIFIT exercise product. Perspiration that continuously settles on frame, upholstery, casings and control panels may eventually cause rust or damage. Damage resulting from lack of maintenance will NOT be covered under warranty. To clean upholstery, use mild soap and warm water. Dry with a clean towel. Refer to the machine's maintenance schedule.

Product Support

Assistance for the service of SCIFIT products is available by fax +1-918-359-2045. The product support department is staffed from 7 AM to 5 PM US Central Time Monday through Friday. A voicemail service is available 24 hours daily for recording messages to request technical support and to order replacement parts. Our goal is to return every voicemail call within 30 minutes of when it is placed during our normal business hours.

Please have the following information prior to calling technical support:

- *Model number of equipment*
- *Serial number of equipment*
- *Point of contact name and phone number*
- *Detailed description of symptoms encountered*

Installation

SCIFIT is not responsible for the repair or replacement of any unit or part damaged during installation. The customer is responsible for inspection of each unit and part for damage at the time of installation. The customer is responsible for pursuing all damage claims with the installer.

Parts Shipment

During the first 30 days warranty parts will be shipped via overnight delivery. Determination must be made before 2:00 PM US Central Time on any given weekday for next day delivery. During the remainder of the first year warranty period, parts requirements will be filled via ground shipment. The customer will have the option to request overnight or 2nd day parts shipping, but will be charged the difference between the ground shipment cost and the overnight or 2nd day cost.

Return of Parts

SCIFIT is committed to continual improvement in the equipment we market. In order to meet this commitment, the rapid return of defective parts is essential. The examination of the parts by our engineering department leads to changes that insure the same problem does not re-occur. Thank you in advance for your assistance!

When requested by SCIFIT, defective parts must be returned to the SCIFIT factory within 20 days of receipt of replacement part. Otherwise SCIFIT will expect payment on the parts invoice net 30 days.

Please follow these three easy steps for returning parts.

Step 1
Keep the box and packing material in which the new parts arrived.

Step 2
A **UPS prepaid return label** will be in the parts box for only those parts that need to be returned. If no prepaid return label is enclosed contact SCIFIT Product Support at 1-800-745-1373. When **ALL** of the parts are received and inspected at the factory, a credit will be issued for the original parts invoiced. **Attention service companies** - labor invoices will **NOT** be paid until the defective parts are returned to the factory.

Step 3
Wrap the defective part, place it in the box and affix the return label for safe return.

Service Labor

Where applicable, the SCIFIT product support personnel will arrange a local field service technician to provide field support. Every effort will be made to schedule service during 48 business hours (8 hours per business day) following notification of a problem or as soon as repair parts are available to the field service technician. Where possible, parts will be supplied in advance of the field service technicians so that the product is repaired with one call.

Purchased Parts

All purchased parts will carry a 12 month warranty. Refer to purchased parts shipments and installation for more details.

This Limited Commercial Warranty supercedes the Limited Commercial Warranty printed in the "Users Operation Manual" for all SCIFIT Systems, Inc. products.

If you have questions or require additional information, please contact SCIFIT Systems, Inc. at service@scifit.com

SCIFIT®
Warranty Card

Register online at *http://www.SCIFIT.com/warrantyregistration.shtml* or complete this form, fold it and return it to SCIFIT. We request you send this card within 2 weeks after your equipment has been delivered to insure proper warranty registration.

Company Name _____

Contact Name _____

Address _____

City/State/Zip _____

Email Address _____

Home Phone (____)_____ Business Phone (_____) _____

Model Purchased _____

Date Received _____ Serial Number_____

Entity Purchased From _____

City/State _____

Please rank the following reasons (1 through 6) for selecting SCIFIT with 1 being most important:

____Features ____ Quality ____Price ____Dealer ___User Friendly ___Appearance

Please Check the appropriate box(s) on how you were introduced to SCIFIT:

❑ Saw in _____ Magazine ❑ Introduced by SCIFIT Dealer

❑ Saw at _____ Tradeshow ❑ Referred by SCIFIT User

❑ Other _____

Comment _____

_____

Thank You For Choosing

SCIFIT®

Scientific Solutions For Fitness™

www.SCIFIT.com

P2278 Rev. B

From_____
_____
_____

SCIFIT Systems Inc.
5151 South 110th East Avenue
Tulsa, OK 74146

Important: Please keep this page for your records

Model Number:_____

Serial Number:_____

Date of Purchase:_____

Manufactured By: SCIFIT Systems Inc.
User Manual; #P4803A (8/1/2011)

Scientific Solutions For Fitness™

5151 South 110th East Avenue
Tulsa, Oklahoma 74146
USA

Sales: 800.278.3933 or 918.359.2000

Customer Service: 800.745.1373

Order online 24/ 7 at www.SCIFIT. com